

# HALIFAX metro®

NEWS  
WORTH  
SHARING.

## Dog dies after 3 hours in car

Passerby tried to save the dog as owner attended a convention, but it was too late

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## Muskrat Falls link approved, but ...

Conditional terms placed on the awaited hydro project

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## Decades of sweat and tears to pay off

E-sport players now eligible for U.S. athlete visas

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## WE ARE THE CHAMPIONS

SIDNEY CROSBY JOINS OTHER STANLEY CUP WINNERS TO TALK ABOUT GLORY DAYS, ALL WHILE RAISING FUNDS

PAGE 18



## THE LITTLE PRINCE

The large waiting crowd cheers as the Queen's Press Secretary places in the forecourt of Buckingham Palace a notification to announce the birth of a baby boy, at 4.24 p.m. to the Duke and Duchess of Cambridge at St Mary's Hospital in west London, Monday. The child is now third in line to the British throne. JOHN STILLWELL/THE ASSOCIATED PRESS

# Big props for his drag chops

**Halifax Pride.** Mayor's unplanned turn as drag queen gets high praise



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

An impromptu exercise in good-natured tolerance is earning widespread praise for the mayor of Halifax — and may signal what to expect from the rest of his tenure.

Mayor Mike Savage donned a sparkling red ombre dress and black wig to toss out the first pitch during the Dykes vs. Divas softball game on Sunday — and a picture of the sartorial switcheroo has social-media users swooning.

"As a cynic it pains me to say it but I'm getting some respect for the current mayor," stated Reddit user explodingturkey on a thread titled Good Sport Mayor on Monday.



**Mayor Mike Savage, dressed in drag, at Sunday's Dykes vs. Divas game.** METRO/JEFF HARPER

The photo has been "liked" nearly 150 times on Metro Halifax's Facebook page, and retweeted dozens of times.

Savage himself said he was just getting into the spirit of the occasion — though he admitted the gesture has some symbolic value.

"To a certain extent, I see the mayor the same way I see the city, which is that you have to be prepared to do

things a little bit differently," he said. "It's all part of living in a vibrant and interesting community."

Savage has earned widespread thumbs-up for several lighthearted appearances recently, starting with leading a bike ride through the city for Bike Week and then for his deadpan comedic turn in the "Main Street Matters" promo video.

One local expert in public relations says it's risky for a politician to appear "human" and vulnerable, but said it's what the public wants — and it has long-term benefits.

"People start to like and trust that you will try things and that if you fail, you will step up and say, 'Eh, maybe this one didn't work,'" said Red Balloon Relations partner Colette O'Hara.

"If you are willing to fail, you naturally have the license to try things that somebody else may not be willing or have had the opportunity to do."



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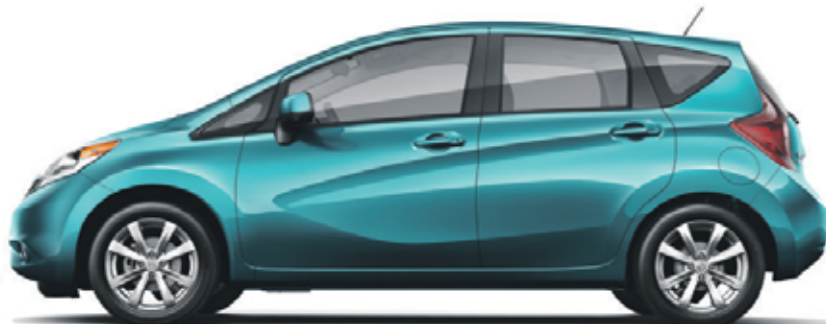
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Wolfville

## Dog trapped in car dies of heat stroke

Police are investigating after a dog died in Wolfville on Sunday after being left in a hot car for several hours.

Kings RCMP responded to two calls about a dog in distress around 3:20 p.m. Police found the pet in a parked Volkswagen in an Acadia University parking lot. Bystanders told police it had been there for three hours.

One person tried to rescue the animal by smashing the windows and attempting first aid, but the attempt was too late to save the Portuguese water dog, which died of heat stroke.

A 36-year-old Lunenburg man, owner of the dog and the registered owner of the vehicle, was later located nearby. He was attending a convention.

The police investigation into the matter is continuing and charges are pending.

RCMP spokesman Const. Blair MacMurtery said it is a shame that an animal or a person could die due to an inconsiderate individual.

"We all know the blast of hot air that comes out when you open a vehicle. People should know it's summer."

The RCMP would like to remind the public not to leave their pets in their car or truck. The vehicle traps air inside like an oven in the summer and an animal can only survive a short time in a hot, confined environment before suffering brain damage and death, MacMurtery said.

KING'S COUNTY REGISTER



Some of the people attending a Halifax Pride vigil outside the Spring Garden Road Library on Monday night. HALEY RYAN/METRO

# Candlelight vigil a time to reflect

**Spring Garden Road.**  
Pride Week about taking 'celebration seriously'

Halifax Pride might have begun a few days ago, but for Kathy Walsh the real start to Pride Week happened on Monday evening as dozens stood in silence, their candles flickering in a soft breeze.

Walsh, the chair of Halifax Pride, hosted a candlelight vigil on the steps of the Spring Garden Road Library to honour those who've died and reflect on the decades-

long fight for gay rights.

"It's the time to remember those we've lost ... and to let them know that we're still here, and they're with us," Walsh said after the event.

Although Walsh said Raymond Taavel was not a focus of the vigil, the death of the popular activist last year "changed (her) world dramatically."

Taavel was beaten to death outside the Menz Bar on Gottingen Street in April 2012.

"It has left a mark on our entire community," Walsh said slowly as she looked to the ground. "He touched so

**Quoted**

**"Just remembering that people's fight before us is what led us to today."**

Susan Redfern

many people in this city and this province."

Among the vigil speakers was Kevin Kindred, spokesperson for the Nova Scotia Rainbow Action Committee.

"I'm sick of being asked ... why we need Pride anyway," Kindred said during his speech. "As if that privilege was written in stone, as

if it wasn't dependent on us constantly reasserting to the community that we are here and we play a valuable role."

Kindred said the week is a time to "take celebration seriously" and remind everyone Halifax would be a "sadder and darker place" without the gay community.

Susan Redfern travelled from Winnipeg specifically for Pride Week, and said the vigil was a way to reflect.

"It's paying my respects, never forgetting what other people went through for me, and so I need to carry that forward," Redfern said.

HALEY RYAN/METRO

1 NEWS



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## Tornados. Can't rule out a twister in Halifax: Environment Canada

Environment Canada says while unlikely, the possibility exists for a tornado to strike in HRM.

The comments come as officials with Environment Canada confirm that a tornado touched down in New Brunswick over the weekend.

A fierce storm that hit the Grand Lake area on Saturday night hurled some structures, including a barn and a garage, the length of a football field. The storm also uprooted trees, broke phone lines and damaged buildings.

Just one day earlier, tornado warnings were issued for parts of New Brunswick, along with some regions in Cape Breton.

"We can't ever rule it out. In fact, we have had tornadoes reported in all provinces," said Linda Libby, a meteorologist with Environment Canada.

She said it would be uncommon for a tornado to hit HRM, or anywhere in mainland Nova Scotia, because it requires a

**Stay safe: Jump in a ditch**

In the event of a tornado, Environment Canada recommends taking shelter in the lowest level of a building or a ditch if you're outside.

perfect mix of weather conditions. Warm, moist conditions are a precursor, but Libby said something extra is required to destabilize the atmosphere.

"On Saturday, that was a cold front," Libby said of the severe thunderstorm that happened in New Brunswick.

Raw footage taken near Cambridge Narrows in New Brunswick shows a funnel cloud touching down over Washademoak Lake, carrying large pieces of debris.

Footage collected is currently being investigated by Environment Canada to determine the storm's impact.

EVAN MCINTYRE/FOR METRO,  
WITH FILES FROM THE CANADIAN PRESS

## HRP. People to come forward with information on 2010 shooting murder

Police say there are people who know more information than they're telling investigators about the murder case of a Halifax man killed three years ago.

Ryan Matthew White was shot in the chest on July 22, 2010, in the 100 block of Jarvis Lane in Mulgrave Park.

"Investigators are confident there are people who have information about this incident and urge them to come forward to speak with police," says a release issued by Halifax Regional Police.



Ryan Matthew White HANDOUT

Police say they don't believe the shooting is random and it could be related to a dispute.

PHILIP CROUCHER/METRO

### Cape Breton

#### Judge reserves decision in murder case

A decision on whether a Cape Breton man charged with second-degree murder will be granted bail is now expected to be delivered July 29.

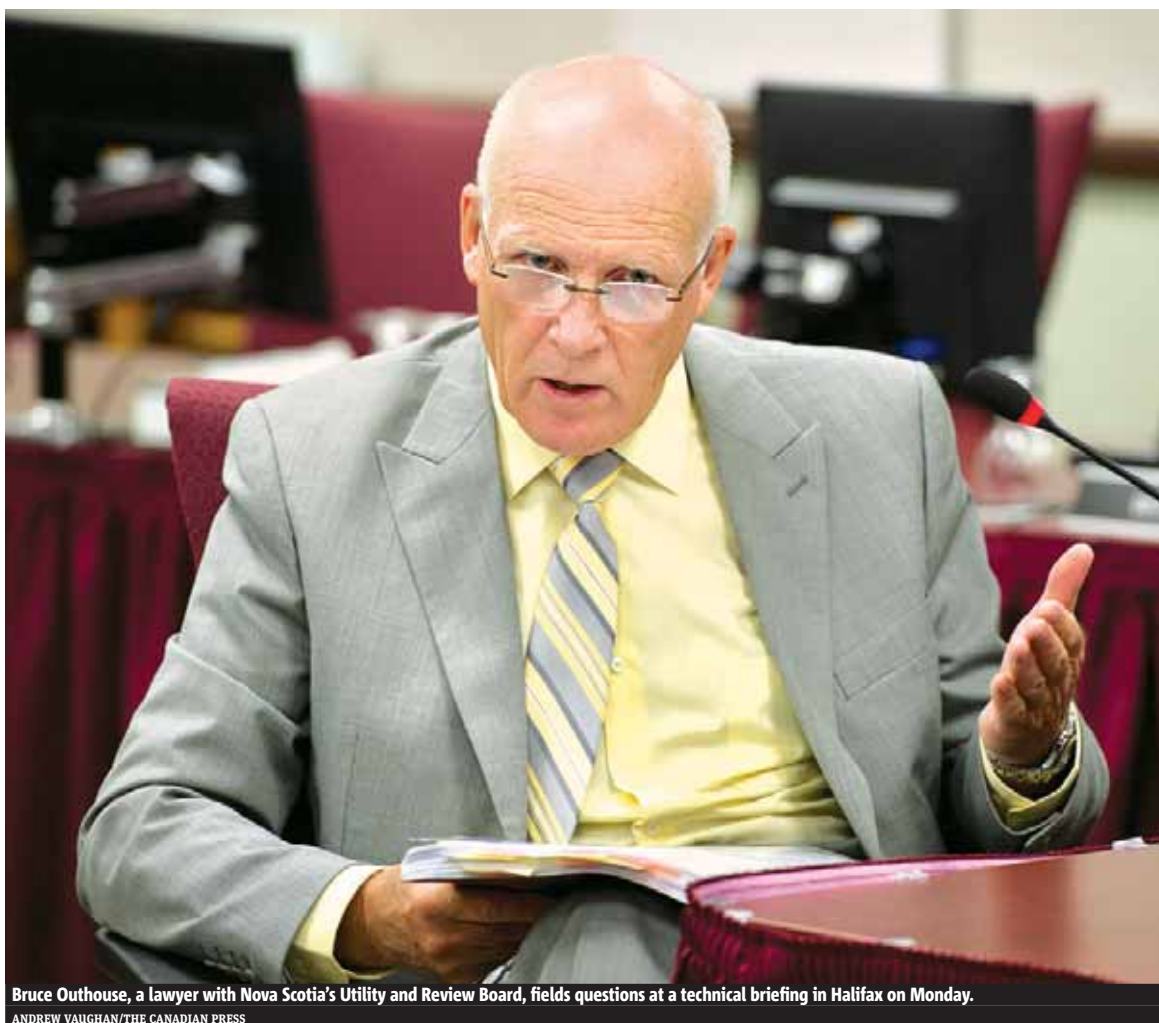
Supreme Court Justice Simon MacDonald presided over a bail hearing Monday for Dwayne Matthew Samson, 43, one of four people charged in connection with the death of Phillip Joseph Boudreau. **CAPE BRETON POST**

### Marijuana

#### B.C. man accused of trafficking pleads not guilty

A British Columbia man charged with drug trafficking entered a not-guilty plea Monday in Sydney provincial court.

Drew Todd Neil Flury is charged with possession for the purpose of trafficking in marijuana after being arrested July 19 in Sydney River. Police said Monday that they seized approximately nine kilograms of marijuana. **CAPE BRETON POST**



Bruce Outhouse, a lawyer with Nova Scotia's Utility and Review Board, fields questions at a technical briefing in Halifax on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

# Regulator puts hurdle on subsea hydro link

**Conditional approval.** Emera argues Muskrat Falls would serve about 10 per cent of province's power needs

The future of an energy deal that would see Nova Scotia get electricity from Newfoundland and Labrador via an undersea cable became murky on Monday as a regulatory board gave conditional approval to the \$1.5-billion project.

The board's decision hinges on Nova Scotians getting the best price for surplus electricity based on market conditions — something Newfoundland and Labrador Crown utility Nalcor Energy wouldn't commit to providing through the Maritime Link.

Emera Inc., the company

behind the link, said it needs time to study the implications of the board's decision, while Nalcor said its obligation is to get the best value for its excess power because the Muskrat Falls project is being built first and foremost for the benefit of ratepayers in Newfoundland and Labrador.

Nalcor president Ed Martin said the utility is still reviewing the decision and Emera doesn't have to get the surplus power it needs from Muskrat Falls.

"Nalcor is one option for providing some additional power," he told a news conference in St. John's.

Martin's comments appeared to shed doubt on Nalcor's willingness to negotiate a new deal with Emera to meet the board's condition, although Nova Scotia Energy Minister Charlie Parker didn't give any indication that the

project could be derailed by the board's decision.

"I've got every confidence that Emera will work this out and meet the conditions as outlined by the board," he said. "We're looking forward to the flow of electricity from Labrador and Newfoundland in 2017."

Premier Darrell Dexter said Nova Scotia customers would benefit if Emera is able to meet the board's condition.

"I think the condition that the board set was a common-sense one and leaves Emera with some work to do to make sure the ratepayers are properly protected," he said.

Some opponents of the deal have questioned how much it will cost NSP Maritime Link to buy energy from Muskrat Falls if it wants to exceed the 20 per cent block for which it has negotiated an annual contracted price.

**THE CANADIAN PRESS**

**Emera in no rush**

## Analysis time, prez says

Emera president Chris Huskison said the company will take the time it needs to do an analysis of the board's decision.

"In the meantime we continue to refine final construction estimates and work continues on the project," Huskison, who was not made available for interviews, said in a statement.

John Merrick, the province's consumer advocate, said the condition imposed by the board surrounding surplus energy was "essential" from a ratepayer's point of view.

**THE CANADIAN PRESS**





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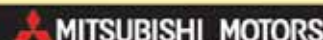
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# New funds help sex-assault groups improve, collaborate

**'The resources are there.'** Province handing out as much as \$38,000



**HALEY RYAN**  
haley.ryan@metronews.ca

Thirteen organizations across the province will receive funding to improve their sexual-assault services by working together, in a move one community director calls "necessary."

On Monday, Marilyn More, the minister responsible for the status of women, said \$200,000 will be distributed to help groups work on projects and pool resources.

"It is necessary because the resources are there, and we're missing that step to bring our people to (them)," said Paula Marshall, executive director of the Mi'kmaq Legal Support Network.

There are higher rates of sexual assault involving Ab-

## Across the HRM

Groups in HRM to receive funding:

- LEA Place Women's Resource Centre, Sheet Harbour: \$5,000
- Avalon Sexual Assault Centre, Halifax: \$22,000
- YWCA Halifax, Spryfield: \$4,000
- New Start Society, Dartmouth: \$11,240
- Legal Information Society of Nova Scotia, Halifax: \$38,000

original women, Marshall said, but many aren't getting support because they didn't report the abuse or are wary of going to an unfamiliar place.

"The first step in getting them through the door is having a welcoming community to accept them, and then we can start working on the support services," she said about

partnering with the Mi'kmaq Native Friendship Centre.

More said organizations could also share experts, like social media consultants, instead of each hiring their own.

The announcement is part of the \$1.1 million promised by the province to address sexual assault, the largest investment in this area Nova Scotia has ever made, More said.

But More said she feels "terrible" the funding only came after the public outcry around the death of Rehtaeh Parsons, a 17-year-old Cole Harbour teen who took her own life two years after she was allegedly gang raped and then harassed by classmates when a photo of the attack was shared on social media.

"I'm not going to defend status quo or what has or has not happened, but this is our opportunity to change things," More said. "This time we have to be serious about these issues and make a difference."



Paula Marshall poses for a photo in front of the Mi'kmaq Native Friendship Centre on Monday. JEFF HARPER/METRO

## More outdoor stadium talk coming soon: Mayor



CFL Commissioner Mark Cohon THE CANADIAN PRESS FILE

Mayor Mike Savage says he plans to resurrect conversations about a professional multi-event stadium in Halifax in the near future.

"It's a conversation that we will be picking up sometime in the next number of months to see what the appetite of council is ... and also to see what partners we have," he said Monday.

The commissioner of the CFL told Toronto's Fan 590 radio station last week that he'd had "conversations" with the new mayor of Halifax

## Quoted

**"Can the CFL be a catalyst for urban renewal for some areas in Halifax? We're starting to have those conversations."**

CFL Commissioner Mark Cohon on talks with Halifax Mayor Mike Savage

about bringing a 10th franchise to the East Coast.

"The new mayor of Halifax is very interested in the pro-

ject we've done in Ottawa," said Mark Cohon on the Tim & Sid show Thursday. "Can the CFL be a catalyst for urban renewal for some areas in Halifax? We're starting to have those conversations."

Savage said he's spoken to Cohon several times, most recently about a month ago, about bringing a team to Halifax — but whether a CFL team is in the cards or not, Savage said, a stadium would be of benefit to the municipality.

"I think it would be part of economic development, it's

part of community building," he said. "There are many communities much smaller, less affluent than our own that have stadiums and stadiums can be very positive."

The previous regional council voted not to move ahead with a stadium last year, tied to a bid to host the 2015 FIFA Women's World Cup event, because of a lack of funding.

The project was estimated to cost between \$54.8 million and \$71.1 million.

RUTH DAVENPORT/METRO

## New Waterford

### Man facing attempted-murder charges after Cape Breton shooting

Police in Cape Breton have laid attempted-murder charges after a man allegedly shot at a home with two people inside.

Cape Breton Regional Police say officers were called to Hinchey Avenue in New Waterford on Saturday

afternoon after complaints of a man firing shots at a house.

Spokeswoman Desiree Vassallo says no one was injured.

Gregory Vincent Miller was later arrested without incident after police stopped a vehicle on nearby Lingan Road.

He is facing a number of other charges including careless use of a firearm, pointing a firearm, possession of a dangerous weapon and impaired driving.

THE CANADIAN PRESS

## Lockdown

### Police investigating prison assault in Springhill

Police and staff at the Springhill medium-security institution are investigating the alleged assault of an inmate last week.

Shannon Oickle, program manager with the Correctional Service of Canada, said an inmate was found with injuries at about 10:52 a.m.

on Thursday. After being evaluated he was transported to an outside hospital for treatment.

"The incident happened in our regional reception centre and after the incident the institution was placed in a lockdown for the remainder of the day Thursday and all day Friday," she said. "Everything is back to normal here today."

Oickle said Monday the inmate has not returned to the institution.

AMHERST DAILY NEWS

## Monastery

### Police cars damaged, officer injured after chase

Two police vehicles were damaged and an officer suffered minor back injuries after police forced a car off the road near Monastery.

Police say they started chasing a driver on Sunday at around 11:15 p.m. on Highway 104 after receiving a call that a vehicle was

swerving erratically on the busy road.

Officers say the car refused to stop for police and the pursuit was ended in the Havre Boucher area.

A short time later, a second call came in regarding the same vehicle and on this occasion the RCMP were able to intercept the car and force it off the road.

The driver — 21-year-old Ryan Alexander McAloney of Greenwood — was arrested without incident.

THE CANADIAN PRESS



Residents light candles that form "Dingxi July 22" while holding up the characters "Gansu, Dingxi, Go on! Best wishes" during a candlelight vigil for victims of an earthquake near the city of Dingxi in Gansu province. THE ASSOCIATED PRESS

# Quake crumbles homes in China

**At least 75 dead.**

City dwellers fare far better than those in shoddy rural buildings

**Planet shudders**

**"You could see the chandeliers wobble and the windows vibrating.... Shop assistants all poured out onto the streets."**

A front-desk clerk, surnamed Bao, at the Wuyang Hotel, about 40 km from the epicentre

A strong earthquake that shook an arid, hilly farming area in northwest China sparked landslides and destroyed or damaged thousands of brick-and-mud homes on Monday, killing at least 75 people and injuring more than 400, the government said.

The quake near the city of Dingxi in Gansu province toppled walls and telephone lines, shattered houses and sent cascades of dirt and rock down hillsides, blocking roads and slowing rescue efforts by crews trying to reach remote areas.

Hospitals set up aid sta-

tions in parking lots to accommodate large numbers of injured, while hundreds of paramilitary People's Armed Police fanned out to search for victims in the farming region where the quake struck.

"I saw the bulb hanging from the ceiling start swinging wildly around. I woke my two friends and we ran into the bathroom to hide," said arts student Li Jingui, 21, who was on the fourth floor of a school dormitory in Dingxi.

Damage was worst in Min county in Dingxi's rural southern portion, where scores of homes were damaged, Dingxi

Mayor Tang Xiaoming told state broadcaster CCTV. All but three of the deaths, all 14 missing and most of the injured were in Min, a likely result of shoddy construction.

Almost 2,000 homes were either destroyed or heavily damaged, with thousands more suffering partial damage, according to the Dingxi government website.

Residents said the shaking lasted about a minute, but wasn't strong enough to cause major damage in urban areas, where buildings are more solidly built.

THE ASSOCIATED PRESS

## Coaster death under investigation



The Texas Giant coaster in Arlington, Texas. LM OTERO/THE ASSOCIATED PRESS

Six Flags Entertainment Corp. is using "both internal and external experts" to investigate the roller-coaster accident that killed a woman at its Dallas-area amusement park, company president Jim Reid-Anderson said Monday.

Rosa Ayala-Goana was killed when she fell Friday from the Texas Giant roller coaster at Six Flags Over Texas in Arlington, a western suburb of Dallas. Wit-

nesses told authorities that Ayala-Goana expressed concern moments before the 14-storey ride began that the safety bar had not completely engaged.

The Tarrant County medical examiner's office confirmed Monday that the 52-year-old Dallas resident was the victim in the accident, and that she suffered "multiple traumatic injuries" during the fall.

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## Bittersweet. Norwegian woman who made rape claim pardoned by Dubai

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of

luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

But the case points to wider issues embedded in the rapid rise of Gulf centres such as Dubai and Qatar's capital of Doha, host of the 2022 World Cup. These cities' cosmopolitan ambitions are often at odds with the tug of traditional views on sex and alcohol.

THE ASSOCIATED PRESS

### Culture clash

Both alcohol consumption without a proper licence and sex outside marriage are outlawed, but the rules are difficult to enforce and generally only become an issue if authorities are alerted.

- Most foreign residents and visitors coast through Dubai's tolerant lifestyle. Women in full Islamic coverings shop alongside others in miniskirts, and

liquor flows at resorts and restaurants.

- Yet once authorities determine a legal line has been crossed, it's often difficult for the suspects.
- Nowhere in the region are the two sides more in potential conflict than in Dubai, where the expatriate workforce outnumbers locals 5-to-1.



Royal fans wait outside St Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. The child is third in line to the British throne. PETER MACDIARMID/GETTY IMAGES

# Canadians welcome the prince of pomp

**Royal birth.** Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

### A young family

"I think Kate and William are going to be fantastic parents and Princess Diana's sitting right on that baby's shoulder."

Linda Whaley, an admirer of the Royal Family who celebrated at Toronto's Royal York hotel.

ing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our

Royal Family."

Gov-Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the

organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block — were set to shine blue Monday night in honour of the newborn prince.

Anticipation surrounding the royal baby had been building in recent days, but even royal-watchers recognized it hasn't rivalled the near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS



## We're all in the same train

Train passengers and railway staff push a train car in their effort to rescue a woman who fell between the car and the platform while getting off at a station in Saitama, near Tokyo, on Monday. The unnamed woman in her 30s was pulled out uninjured to applause from onlookers. NORIHIRO SHIGETA/YOMIURI SHIMBUN/THE ASSOCIATED PRESS



Prince Charles and Princess Diana take home a newborn Prince William in 1982. JOHN REDMAN/THE ASSOCIATED PRESS

### Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- Number of weeks Prince William receives for paternity leave: 2
- Number of names the baby is likely to have: 4 (Princes Charles, William and Harry all have 3 middle names)

- Number of generations of direct descendants to the throne currently living: 4

- Time of prince's birth: 4:24 p.m., U.K. time

- Prince's birth weight: 8 pounds, 6 ounces

- Number of direct descendants of the Queen: 15 (4 children, 8 grandchildren, 3

great-grandchildren including the new baby)

- Number of years since the last direct heir was born: 31 (Prince William was born on June 21, 1982)

- Number of royal-baby-related bets the Ladbrokes betting agency accepted on the morning the prince was born: 50,000



## Gamers: From couch potatoes to athletes

**LoL.** E-sport players who play in games like League of Legends are now eligible for the same U.S. visas that NBA and NHL players get



**LUKE SIMCOE**  
Metro Online

Are video game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

Riot, the company behind the popular League of Legends game and its attendant League Championship Series, was instrumental in lobbying for the visa changes.

"For it to be legitimized in the eyes of the U.S. government



Like real athletes, gamers have rowdy fans cheering them on at championships — like this enthusiast seen at the 2012 League of Legends championships in Los Angeles. Electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in the U.S. for up to five years. COURTESY/RIOT GAMES

is a huge milestone for the pros and the sport," Beck said.

Prior to the change, foreign gamers would often face delays at the border or be refused entry all-together, sending their teammates scrambling to find replacements.

"Getting a visa was a lengthy and frustrating process," said Edmonton's Danny Le, better known by his League of Legends handle, Shiphtur.

Le was forced to miss an important competition in Las Vegas in March. When the visa changes came into effect in May, he left university, packed his bags and headed to California to live and train with his fellow Team Coast players.

"Living in the U.S. in our gaming house was mandatory in order to compete at the highest level," he said.

The government's decision has sparked significant debate over whether gamers deserve to be called athletes. On sites like GameSpot and Reddit, some commenters are worried the move will undermine established athletes.

"Without a doubt I would consider e-sports players as athletes," Le said.

"We have to remain both physically and mentally fit. We do this by eating right, exercising daily and doing proper research to be ahead of the curve."

### E-sports by the numbers

- There are about 400 million players of multiplayer online games worldwide.
- 120,000 people gathered in a South Korean stadium to watch the Starcraft championships in 2005.
- The League of Legends championship prize pool in 2012 was \$5 million.
- More people watched this year's League of Legends all-star game than the Stanley Cup finals on NBC.

## Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9th to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but remains hopeful because interns across North America have been winning cases like hers.

Last month, two unpaid interns working on the Oscar-winning film Black Swan suc-



Jainna Patel, a former intern at Bell, who put in a labour complaint. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

cessfully sued Fox Searchlight pictures. A New York district judge ordered the film production company to pay back wages because the interns did the same work as regular employees, provided value to the company and performed low-level tasks that didn't require any specialized training. Fox is appealing the ruling.

Shortly after the decision, interns at Gawker, an American celebrity website, also filed a suit for unpaid wages.

Here in Canada, interns are also starting to file complaints.

In 2012, Kyle Iannuzzi was awarded almost \$1,000 in back wages from Platinum Events Group in what he believes was the first successful complaint against a company for an unpaid internship in Ontario.

TORSTAR NEWS SERVICE

### Market Minute

**DOLLAR**  
96.67¢ US  
(+0.21¢)

**TSX**  
12,758.38 (+73.25)

**OIL**  
\$106.94 US (-0.93¢)

**GOLD**  
\$1,336 US (+\$43.10)

**Natural gas:** \$3.68 US (-0.11¢)  
**Dow Jones:** 15,545.55 (+1.81)

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2013 SUPREME COURT OF NOVA SCOTIA Hfx No. 414735

**BETWEEN:**  
FIRST NATIONAL FINANCIAL GP CORPORATION  
- and -  
CHARLES T. VIDITO and HEATHER VIDITO

**PLAINTIFF**  
**DEFENDANTS**

**Notice of Public Auction**

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

**Property:** All that piece or parcel of land situate lying and being known as Civic No. 38 Post Road, East Chezzetcook, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Charles T. Vidito and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 89296595. The subject property has been migrated to the Land Registry System and is known as PID No. 40871659.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

**Date of Sale:** August 22, 2013.  
**Time of Sale:** 12:30 p.m., local time.  
**Place of Sale:** Conference Room # 3, 1815 Upper Water Street, Halifax, Nova Scotia.

**Terms:** Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

**SIGNED** at Halifax, Nova Scotia on July 17, 2013

Alan Coley  
Sheriff for Halifax County

Adam D. Crane  
MORRIS BUREAU  
Solicitor for the Plaintiff  
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## WHAT ARE YOU STARING AT?

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an ef-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

fort to avoid gazing at fellow passengers.

Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is con-

stantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on  
Twitter @MetroSheSays



### ZOOM

## How to dress for survival



### Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

#### Suit yourself

- **The Elude suit.** Designed for divers and snorkelers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

### Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

**A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.**

#### Will Sasso

MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected, there's no shortage of wrestling gags in his repertoire, too.

#### Reggie Watts

From personal thoughts to odd mo-

ments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

#### Adam Goldberg

With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).



### Letters

**RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated...** published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

**mtwt posted to metronews.ca**

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have

in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

**Melanie posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD reviews



Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. *Trance* begins as a heist picture, one in which Goya's fear-some masterpiece *Witches in the Air* sells for a cool \$42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with *Trance* is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

Pieta

Director. Kim Ki-duk

Stars. Min-soo Jo, Jeong-jin Lee, Ki-Hong Woo

A mother's love for her child takes on brutal new meaning in this film by Kim Ki-duk, one that's as hard to watch as it is to forget. It boldly brings together the two sides of the South Korean auteur: the penchant for sadism from such earlier works as *Bad Guy* and *The Isle*, and the spiritual reflections of his master stroke, *Spring, Summer, Fall, Winter ... and Spring*. Themes of vengeance vs. forgiveness bleed into each other as the story becomes a meditation on life's meaning.

PETER HOWELL

# Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.



Lily Collins

Star of *The Mortal Instruments*: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."



Dane DeHaan

Star of *The Amazing Spider-Man 2*: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."



Jamie Campbell Bower

Star of *The Mortal Instruments*: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."



Bill Hader

Stars in *Cloudy with a Chance of Meatballs 2*: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

# Mama always said stick to Heavy Metal

**Newsted.** Ex-Metallica bassist in a new, self-titled band

JARED STORY

scene@metronews.ca

Former Metallica bassist Jason Newsted has a new band — aptly titled *Newsted* — which will release its debut studio album — aptly titled *Heavy Metal Music* — on Aug. 6 through Chophouse Records.

Not only is Newsted the bassist in his new endeavour, he's the vocalist and principal songwriter.

"This is the first band I've ever put together, period," says Newsted, 50, who joined Metallica in 1987 after the death of bassist Cliff Burton.

"I've only ever joined things that already existed. Even with Flotsam and Jetsam (Newsted's band prior to Metallica), Kelly David-Smith (Flotsam's drummer) started that s— up. I've always come into bands as the new engine, but now it's my baby and I've got people to support what I'm trying to do."

Joining him in Newsted are drummer Jesus Mendez Jr., guitarist Jesse Farnsworth and Stained guitarist Mike Mushok. Not only is fronting a band new territory for Newsted, so is the *Heavy Metal Music* writing/re-



Ex-Metallica bassist Jason Newsted releases *Heavy Metal Music* on Aug. 6. SUPPLIED

cording process.

Newsted recorded the skeletons of the songs on an iPad with GarageBand software.

An old-school, analog type of musician, Newsted says he "repelled" digital recording since leaving Metallica, but gave into the technology last year because of its quickness and efficiency. "The immediacy of the capturing device is the reason for the immediacy of the music," Newsted says.

"I think it's appealing to so many people because of its raw

authenticity, its rawthenticity. That's the new word for this week."

After leaving Metallica in 2001, Newsted played in alt-rock band Echobrain, joined Quebec progressive metallers Voivod, starred on the CBS show *Rock Star Supernova* and pursued a visual art career while recovering from shoulder surgery.

There was also a brief stint as Ozzy Osbourne's touring bassist, which included a legendary 160 minute gig in

Winnipeg in 2003, a marathon set that included 10 Black Sabbath songs.

"Ozzy would just call the songs out," Newsted says.

"He'd scream *The Wizard* in front of 20,000 people and we're like, 'We never f—ing rehearsed that song dude.' But, we just had to pull it out of the resin and grey matter."

Newsted plays across Canada as part of Megadeth's Gigantour 2013.

Tickets are available from Ticketmaster.





Selena Gomez ALL PHOTOS GETTY IMAGES

## Single Selena learned lessons of love in the limelight

Selena Gomez, who turned 21 Monday, confirms in an interview with Ryan Seacrest for an E! special that she and Justin Bieber are not together — at the moment — but that the in-the-spotlight relationship taught her a number of things. “I learned a lot. I learned that I should definitely keep it way more private next time,” she says, adding that “honesty” is the

main thing she looks for in a man. “Egos turn me off, big time. I mean, it’s hard to just date in this industry, it really is, because it doesn’t have to be anything serious, it can just be something fun — and it should be because I’m young — but you can’t really help the people that you meet or that you fall in love with or that you want to date.”

## Row, row, Rowland your boat, not so gently down the stream



Kelly Rowland

Kelly Rowland’s fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became “disoriented in the five-to-

six-foot waves and fog that had rolled in,” a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were “tired and thankful” and “just wanted to get off the boat.”

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Billy Ray and belle resolve to heal achy breaky hearts



Billy Ray Cyrus

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. “I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together,” the source says. “They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start.”

## Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Daniel Radcliffe’s recent gaunt, exhausted appearance has fans worried, but his rep insists it’s all work-related, telling Yahoo’s omg! that Radcliffe’s current stint in *The Cripple of Inishmaan* on stage in London “is a very demanding role, physically.”

But the toll the show, and the summer weather,

have been taking on the Harry Potter star haven’t stopped him from tending to his fans.

“At every night’s performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length,” his rep adds, “regardless of the extreme London heat wave.”

You know, if this were any other star, I’d say something like: “The heat wave here isn’t getting me into a size six, what is going on with Daniel (cough, drugs, cough)?” But it’s Daniel Radcliffe! No way! He’s just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

## Gertrude Domestic Short Hair

Precious Gertrude is a gorgeous 13-year-old sweetheart who was rescued from a hoarding situation. Greeting everyone with a lioness-like purr, she is so affectionate that she will knead with sheer delight while being stroked. Her tabby markings are a brown and black mix with beautiful amber hues. Gertrude is a joy to look after and we take pleasure in being in her presence each day. All she needs is a quieter home where we believe she will love to cuddle on her owner’s lap as she purrs away in utter contentment.



For more information on Gertrude and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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Best Health

## Staying hydrated in summer — continued



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

### Healthy choices

In addition to water, coconut water and vitamin-enhanced waters, here are some other options:

### Lower-fat milk

It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

### Vegetable juice

These typically have one full serving of veggies, and fewer calories than fruit juice.

### Not-so-healthy choices

Here is one you might want to limit:

### Sports drinks

A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

**TO CLAIM YOUR FREE COPY OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**

# The bitter truth about sweeteners

**Debate.** Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

**MICHELLE CASTILLO**  
life@metronews.ca

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

## Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

## Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic



Get to know what you're putting in your body. ISTOCK PHOTOS

acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety.

## Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects. "Most 'sugar free' or 'diet' foods are made with one of

these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times best-seller Body Confidence.

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

## Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due

to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

## Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

# 3 TIPS

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# Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

## Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa

- powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips



This recipe serves 12. **ROSE REISMAN**



This recipe serves 8 to 12. **THE CANADIAN PRESS H/O**

# Buttermilk Cake: Where your sweet tooth meets the grill

Wow your guests with this impressive Grilled Peach Trifle With Lemon Buttermilk Cake.

1. Cake: Heat oven to 160 C (325 F). Butter 25-cm (10-inch) non-stick springform pan; line bottom with parchment paper.

2. In bowl, using an electric mixer on medium speed, beat together sugar, butter and vanilla until creamy and smooth. Beat in eggs, 1 at a time.

3. Into bowl, sift flour, baking soda, baking powder and salt.

4. Reduce mixer speed to low. Slowly add flour mix to sugar mix, alternating with buttermilk, until well mixed. Add lemon zest and juice; mix well. Spread into prepared pan; smooth top.

5. Bake 40 mins. until tester inserted in centre comes out clean. Let cool in pan on rack 10 minutes. Carefully remove and let cool on rack totally.

6. Syrup: In saucepan, combine raspberries, sugar, water and juice; bring to simmer on high heat, stirring frequently. Reduce heat to medium and

simmer for 5 mins. or until raspberries completely break down. Strain through fine-meshed sieve, pressing on berries to extract juice. Discard seeds and refrigerate syrup to cool.

7. Peaches: Heat grill to medium-high. Place peaches cut-side down on greased grill; grill, with lid down, 4 mins. Turn peaches over and grill for 2 mins. Let cool to room temp.

8. Cream: In chilled bowl, whip cream, icing sugar and

almond and vanilla extracts until stiff peaks form.

9. To assemble: On serving platter, place cake. Cut wafer-thin horizontal slice off top of cake. Drizzle with 175 ml (3/4 cup) of raspberry syrup. Spread almond cream to edges. Place grilled peach halves on top. Drizzle with remaining raspberry syrup and sprinkle with almonds.

**THE CANADIAN PRESS/CHEF MICHAEL ALLEMEIER OF CALGARY FOR ANYDAY-MAGIC.CA.**

## Ingredients

### Lemon buttermilk cake

- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) butter, room temperature
- 5 ml (1 tsp) vanilla extract
- 2 eggs
- 375 ml (1 1/2 cups) flour
- 1 ml (1/4 tsp) each baking soda, baking powder and salt
- 90 ml (6 tbsp) buttermilk
- 1 lemon, zest finely grated and juiced (about 45 ml/3 tbsp)

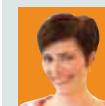
### Raspberry syrup

- 500 ml (2 cups) raspberries

- 125 ml (1/2 cup) each granulated sugar and water
- 5 ml (1 tsp) lemon juice
- Almond whipped cream**
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 50 ml (1/4 cup) icing sugar
- 3 ml (3/4 tsp) almond extract
- 2 ml (1/2 tsp) vanilla extract
- 4 to 6 freestone peaches, cut in half and pitted
- 75 ml (1/3 cup) toasted sliced almonds, for garnish

## Health Solutions

### Melt in your mouth sweets



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make

sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)

- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



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# Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

- 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

- 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

- 68 per cent of respondents would lie to their partner to

## Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).



avoid an argument.

- 52 per cent of respondents would dump their partner if they gained a significant

amount of weight.

- If they could change one thing, 23 per cent of respondents would change their partner's nagging.

- 37 per cent of respondents believe women start losing their looks at 40 years of age.

- 76 per cent would pre-stalk a prospective partner.

- 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

- 71 per cent of respondents fantasize about a partner's friend.

- 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASK-MEN.COM. METRO

## Dinner party etiquette



It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

## Hold the phone!



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

### Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you

to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

### Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, then perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess

in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dining room before taking the call. If the situation is serious, then return to the dining room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

# Making a case to keep a cash stash



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency \$100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend



Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES

singles have around \$200 cash while families should aim for at least \$100 per person. Yes, someone could break in and find the dough

under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there

are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass

## In numbers

# \$1,100

What Brad Pitt keeps in his wallet, from People Magazine.

before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had \$500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting.

When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca





# Sid the Kid and Co. look to put on a show



Cole Harbour's Sidney Crosby will headline the Phoenix Night of Champions. Money raised from the event will go toward programs that help challenged youth. GETTY IMAGES FILE

**Phoenix Night of Champions.** Fundraiser poised to draw many to celebrate province's Stanley Cup winners



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

For Kim Houston, Tuesday will be more than just about Sidney Crosby.

No question, Cole Harbour's NHL superstar will be the big draw at the Phoenix Night of Champions fundraiser, where 13 Nova Scotian Stanley Cup champions will tell their stories inside the Halifax Metro Centre.

But Houston, the event chair and a former NHL scout, is also stoked about the chance to hear tales rehashed from the first ever NHL coach to come out of the Maritimes, 77-year-old Al MacNeil.

"Think about what he's seen and accomplished," Houston said of the North Sydney native who served, variously, as Montreal Canadiens head coach, assistant coach and director of player personnel during their glory years the 1970s.

"He's probably got a gazillion fascinating stories about so many players and teams."

Mixed in with the story telling will be plenty of auction items up for grabs, from a women's diamond ring, to

autographed jerseys courtesy of Jonathan Toews and Hall of Famer Al MacInnis, to a dozen Halifax Mooseheads tickets.

According to Houston, none of the participating players, coaches, scouts and executives, including Boston Bruins forward Brad Marchand and Ottawa Senators head coach Paul MacLean, hesitated to participate.

Money raised will go to the non-profit organization, which through several social programs offers a helping hand to some of the city's most challenged youth.

"I think the guys understand the cause and know what it's all about," said Houston. "They know they've been very fortunate with strong family support. They feel an obligation to give back."

Depending on how the evening unfolds, Houston said it could be an every other year event.

"It should be interesting, some of these guys have never met each other. It will be a special night for many of them. It's a cause worth celebrating."

## Participating players

Sidney Crosby, David Andrews, Dennis Bonvie, Joe DiPenta, Al MacIsaac, Paul MacLean, Al MacNeil, Mike McPhee, Brad Marchand, Jon Sim, Colin White, Darrell Young, Wendell Young.

## MLB

### Braun bites the bullet for violating drug program

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty.

"I am not perfect. I realize now that I have made some mistakes. I am willing to accept the consequences of those actions," he said in a

statement.

MLB attempted to suspend Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract. **THE ASSOCIATED PRESS**

## Crosby, Marchand land Olympic camp invites

Cole Harbour's Sidney Crosby and Brad Marchand of Hamiltons Plains are among the 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary runs from Aug. 25 to 28 and will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby is one of 15 invitees who helped Canada win



**Brad Marchand** GETTY IMAGES FILE

gold at the 2010 Olympics in Vancouver.

Marchand is one of sev-

eral newcomers earning an invite. Others include defencemen Alex Pietrangolo and P.K. Subban and forwards Steven Stamkos, Taylor Hall, Jordan Eberle, John Tavares and Claude Giroux.

The list includes five goalies, 17 defencemen and 25 forwards.

The announcement by Hockey Canada came days after an agreement was reached to have NHL players participate at the Sochi Games. **THE CANADIAN PRESS**



## Horoscopes

### Aries

March 21 - April 20

You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

### Taurus

April 21 - May 21

The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

### Gemini

May 22 - June 21

The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

### Cancer

June 22 - July 23

You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

### Leo

July 24 - Aug. 23

As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

### Virgo

Aug. 24 - Sept. 23

You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

### Libra

Sept. 24 - Oct. 23

If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

### Scorpio

Oct. 24 - Nov. 22

The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

### Sagittarius

Nov. 23 - Dec. 21

If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

### Capricorn

Dec. 22 - Jan. 20

Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

### Aquarius

Jan. 21 - Feb. 19

A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

### Pisces

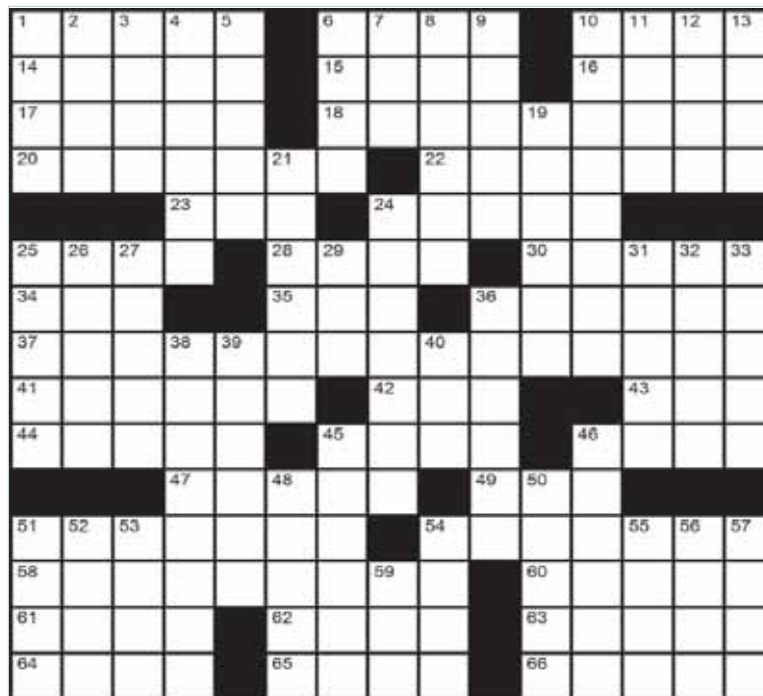
Feb. 20 - March 20

If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. "La \_\_\_ Nikita"
6. Suzanne Vega song
10. Fashion designer, L' \_\_\_ Scott
14. Manner of speaking
15. "Up and \_\_\_ ' \_\_\_!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. \_\_\_ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so \_\_\_ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, \_\_\_ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41. Brendan Fraser comedy, " \_\_\_ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)



47. Shoe's strings
49. Worcestershire sauce brand, \_\_\_ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a \_\_\_ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon'

- (Eight-sided shape)
62. Ms. Bombeck
63. Al \_\_\_ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

### Down

1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. \_\_\_-Aztec languages
8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditor's hope
12. French pronoun
13. Require
19. Alberta town
21. The Cars hit: 2

24. City of ancient Egypt
25. Comforter
26. A Bell for \_\_\_ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an ' \_\_\_' (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, \_\_\_ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It \_\_\_ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

20°/18°  
Showers

70%

Wednesday

24°/19°  
Showers

80%

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2013  
**OPTIMA**

HWY (A/T): 5.6L/100KM  
CITY (A/T): 8.6L/100KM

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APR

WITH  
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2013  
**SOUL**

HWY (M/T): 6.5L/100KM  
CITY (M/T): 8.1L/100KM

OWN IT FROM  
**\$99<sup>+</sup>**  
BI-WEEKLY

AT  
**0%**  
APR

WITH  
**\$0**  
DOWN

INCLUDED FEATURES:

6 Airbags • Anti-lock Brakes  
Electronic Stability Control  
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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by July 31, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. <sup>Δ</sup>0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. <sup>Δ</sup>Bi-weekly finance payment O.A.C. for new 2013 Optima LX MT (OPS410)/2013 Rio4 LX MT (ROS410)/2013 Soul 1.6L MT (SOS510) based on a selling price of \$23,629/\$15,429/\$18,524 is \$124/\$80/\$99 with an APR of 0% for 84/60/84 months, amortized over an 84-month period. Offer includes loan savings of \$1,000/\$0/\$500. Estimated remaining principal balance of \$0/\$475/\$0 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. <sup>Δ</sup>6 Bi-Weekly Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between July 3-31, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of \$300 per month or can choose up to \$900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends July 31, 2013. <sup>Δ</sup>Model shown MSRP for 2013 Optima SX Turbo AT (OP7480)/2013 Rio4 SX with Navigation AT (RO7480)/2013 Soul 2.0L 4u Luxury AT (SOT590) is \$35,550/\$23,450/\$27,345. <sup>Δ</sup>Highway/city fuel consumption is based on the 2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Soul 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth<sup>®</sup> wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.